

Colorado AgrAbility

WINTER 2017

We all fall down

Icy, snowy roads and sidewalks make it easy to slip and fall. "Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months," says Dr. Stanley Wang, a physician at Stanford Hospital in Palo Alto, Calif. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations.

While younger people often recover relatively quickly from such injuries, older adults face complications, which Dr. Wang says are a leading cause of death from injury in men and women over the age of 65.

Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside. If outside and down-for long, be aware of frostbite risk.



Falling on Ice can be avoided



SPOT

A victim is often unaware of frostbite because frozen tissue is numb.

Adults:

- shivering — exhaustion
- confusion — fumbling hands
- memory loss
- slurred speech
- drowsiness

Infants:

- bright red, cold skin
- very low energy

If a person's temperature is below 95° get medical attention immediately.

The Boys Start Jr. High

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Sledding in the Mountains

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Our Annual Trip to the Beach House

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